

Linda Clair
Seven-day Meditation Retreat
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Transcription from Audio Recordings

File 2a – Sunday morning guided meditation

So take a few deep breaths into the belly. You can't be too grounded in your body, wherever you are in this process. And it is a process of becoming free from your personal past. And it's all about the body. So take your attention to the top of your head and feel the sensation on the top of your head. It doesn't matter how it feels. There's no way it should be feeling. Feel the sensation of your eyelids on your eyes. Feel your breath going through your nostrils, your tongue touching your palate. And keep breathing into the belly.

Feel your jaw, your ears, the back of your neck. Feel your shoulders. Go to your left shoulder and go down your arm to your left elbow and feel your elbow, then down to your left hand and feel your hand. And keep breathing into the belly. Feel your thumb and each finger. Then take your attention to your right shoulder and feel your shoulder and go down your arm to your right elbow, then down to your right hand and feel your hand. Take your attention to your chest and as you breathe in and out through the nose feel the gentle movement of your chest with the breath. Your body is breathing. You don't need to think about it. You don't need to think to breathe.

Take your attention down to your abdomen. This is the place that many people avoid; it's just too painful to feel the fear. But persevere. Feel your abdomen rising and falling as your body is breathing. Feel your thighs, your knees, your left foot and your right foot. Feel your spine from the top of the spine down your back to the bottom of the spine. Then feel your whole body. Just feel it. You don't need to analyse how you're feeling. You don't need to think about how you're feeling.

So each time you realise you're not in your body – when you realise you've been lost in thinking, lost in time, in your past because every thought is about something that has happened to you. It's all about you. Each time you realise you've been lost in time bring your attention back to the breath in the abdomen. At times this will feel quite natural, at other times it takes a super-human effort, because thinking is such a deeply ingrained habit.

Thinking creates this momentum that we call time and this momentum is felt in your body. So what we're doing is freeing the body of the past, of time. It doesn't mean that the physical body is still not subject to time. And as you become free from time your body becomes free from time. You start to feel a silence. So keep bringing your attention back to the body – to where you are right now.